

# The Mental Health Epidemic in America: Evidence-based Action Tactics that Work!



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# My Story: From a Small Coal Mining Town to Buckeye Nation



# One in 4 to 5 children and youth have a mental health problem, yet less than 25% get treatment



Anxiety, depression and AD/HD are the three most common mental health disorders in teens and young adults

Suicide is the second leading cause of death in 10 to 34 year olds



# Youth Mental Health is Worsening

## Rates of Youth Depression are Rising

8.5% in  
2011



11.1% in  
2014

80% get no or insufficient treatment

From: *The State of Mental Health in America*, 2017



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# Mental Health in America

## Key Facts and Findings

### MENTAL HEALTH AND SUBSTANCE USE CONDITIONS ARE COMMON



NEARLY HALF  
HAVE A  
CO-OCCURRING  
SUBSTANCE  
ABUSE  
DISORDER



### MOST AMERICANS LACK ACCESS TO CARE

**56%**  
OF AMERICAN ADULTS  
WITH A MENTAL ILLNESS  
**DID NOT**  
RECEIVE TREATMENT



**7.7%**  
OF YOUTH HAD  
**NO ACCESS**  
TO MENTAL HEALTH  
SERVICES THROUGH  
THEIR PRIVATE  
INSURANCE

### YOUTH MENTAL HEALTH IS WORSENING AND ACCESS TO CARE IS LIMITED



IN A FIVE YEAR PERIOD, RATES OF  
SEVERE YOUTH DEPRESSION  
HAVE INCREASED



**OVER 1.7 MILLION**  
YOUTH WITH MAJOR  
DEPRESSIVE EPISODES  
**DID NOT**  
RECEIVE TREATMENT

THAT'S ENOUGH TO FILL  
**EVERY** MAJOR LEAGUE  
BASEBALL STADIUM ON  
THE EAST COAST **TWICE**



# What Does The Evidence Tell Us?

## We have become a Stressed & Depressed Nation!



Depression and stress are poor predictors of health, wellness and academic outcomes.





6,700 respondents across the nation and demographic groups



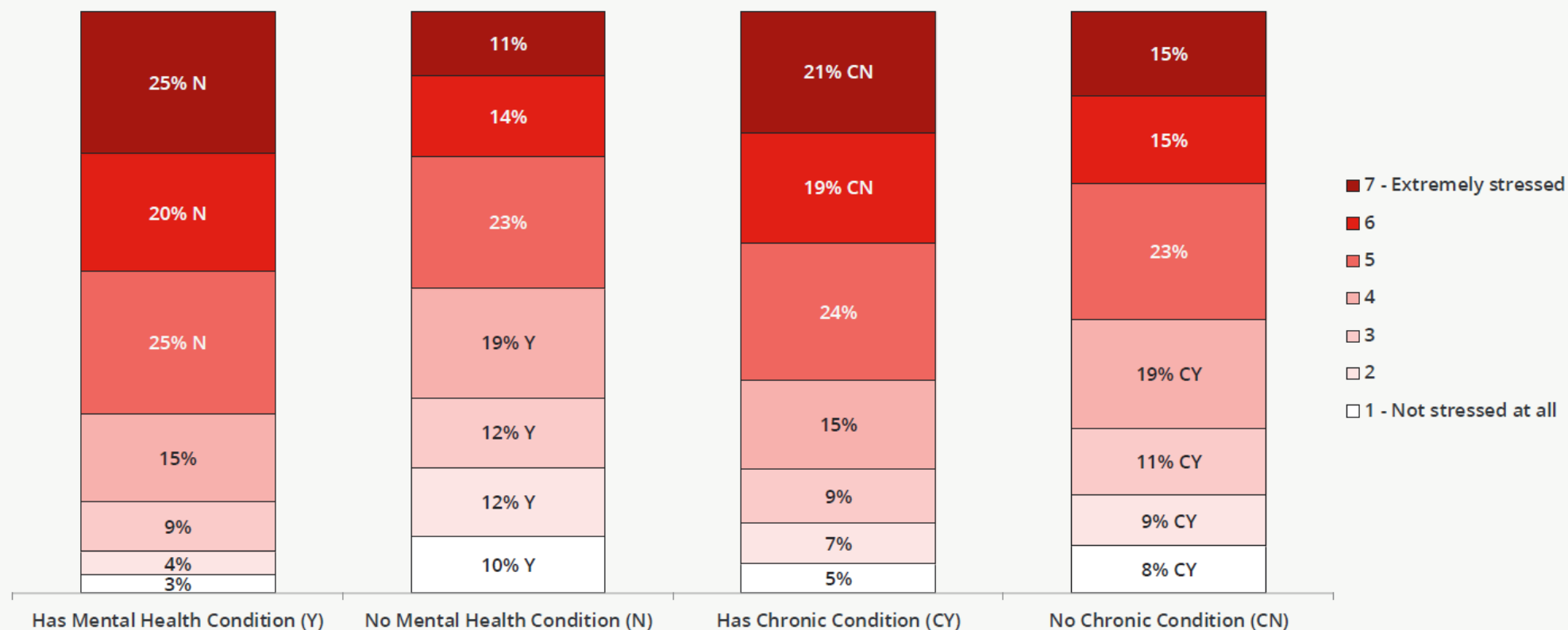
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## Q6. OVERALL STRESS LEVEL

### Stress Level in the Past Month

(Among total)







# Finances: Americans' Top Stressor



Source: Everyday Health United States of Stress Survey





# The most stressed out age group is Gen Z (4 to 24 years)

**Gen Zers top generation charts on almost all distress points when asked, “In the last 12 months how often have you...”**

- Felt bad about your appearance – 53%
- Experienced low self-esteem – 53%
- Withdrawn socially – 43%
- Had difficulty controlling your emotions – 42%
- Been concerned about your mental health – 41%
- Changed your eating patterns – 35%
- Cried – 33%

Source: Everyday Health United States of Stress Survey



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**Percent of Students who Reported that They Felt the  
Following Anytime within the Last 12 Months;**

Mean Age of Students = 22.58 years; 67.6% = White  
93,034 Students at 108 Schools

76.0% Felt exhausted (not from physical activity)

70.6% Felt overwhelmed by all you had to do

52.4% Felt very sad

52.1% Felt very lonely

45.4% Felt overwhelming anxiety

45.2% Reported more than average or tremendous stress

40.7% Felt things were hopeless

29.8% Felt so depressed it was difficult to function

8.3% Seriously considered suicide



# Depressive Disorders in Adolescents and Adults

The common feature of depressive disorders is the presence of sad, empty or irritable mood, which is associated with somatic and cognitive changes that **interfere with functioning** at home, in school and/or with peers.





# Facts about Depression

- 10-20% adolescents and adults
- Risk increased in children of depressed parents
- Higher incidence in minority populations
- M:F ratio: 1:2
- Detection LOW, < 20% of cases
- Average length of untreated episode of MDD 7-9 months
- Reoccurrence rate= 60-70%
- Depression is a risk factor for high risk behaviors
- 40-70% of adolescents and adults have co-morbid diagnoses



# Screening for Depression

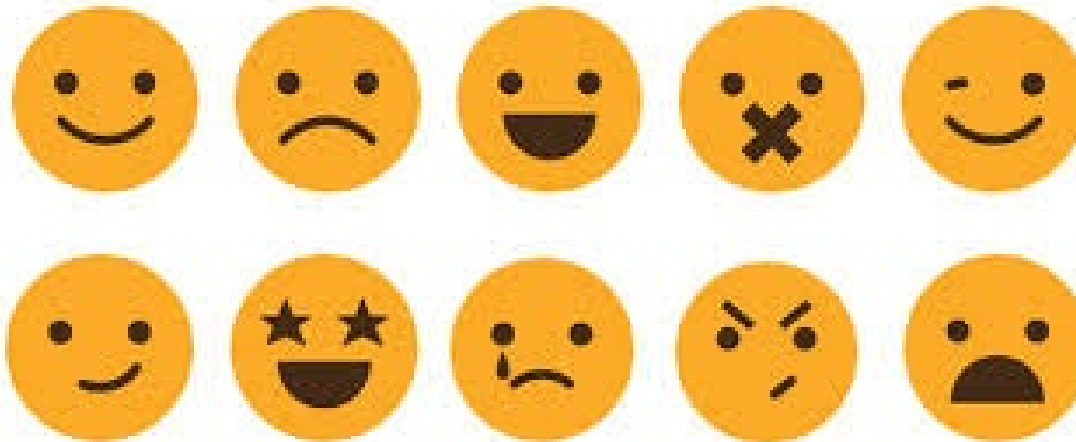
- The United States Preventive Services Task Force (USPSTF) recommends screening for depression in adolescents 12 to 18 years of age and the general adult population, including pregnant and postpartum women, for major depressive disorder. Screening should be implemented with adequate systems in place to ensure accurate diagnosis, effective treatment, and appropriate follow-up.
- Most who commit suicide have a history of depression





# Red Flags

- When emotions interfere with being able to function
- Hopelessness- the #1 predictor of suicide



**NATIONAL**

# SUICIDE PREVENTION

**LIFELINE™**

**1-800-273-TALK**

**[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)**



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# Causes of Depression

- Biological changes in the chemistry of the brain, such as imbalances in serotonin, dopamine, and/or norepinephrine or excess cortisol
- Genetic
- Environmental (e.g., stressful situations)
- **Depressogenic cognition**
- Physical disorders



# Prevalence of Anxiety Disorders

**Anxiety disorders affect 29% of individuals over their lifetimes**

**It is estimated that 6% to 20% of adolescents and young adults have anxiety disorders**



# Co-Morbidity of Anxiety Disorders

- Reported rates of co-morbidity with anxiety disorders

Major Depressive Disorder	40%
Bipolar Disorder	43%
AD/HD	25%
Oppositional Defiant & Conduct DO	30%

- Greater Risk for Substance & Alcohol Use Disorders



Health Affairs



# Health Policy Brief

NOVEMBER 9, 2015

**Enforcing Mental Health Parity.** Five years after the Mental Health Parity and Addiction Equity Act took effect, access to equal benefits and qualified providers remains elusive for many insured Americans.



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# Why Focus on Happiness and Mental Health at Work?

- The workplace has a big impact on our health and happiness
- A 2016 Gallup survey found that two-thirds of U.S. had too much on-the-job stress
- Workplace dissatisfaction costs the U.S. \$300 billion a year in lost productivity
- Only 33% of employees report they are engaged with their jobs
- Happy, healthy people are more engaged and productive



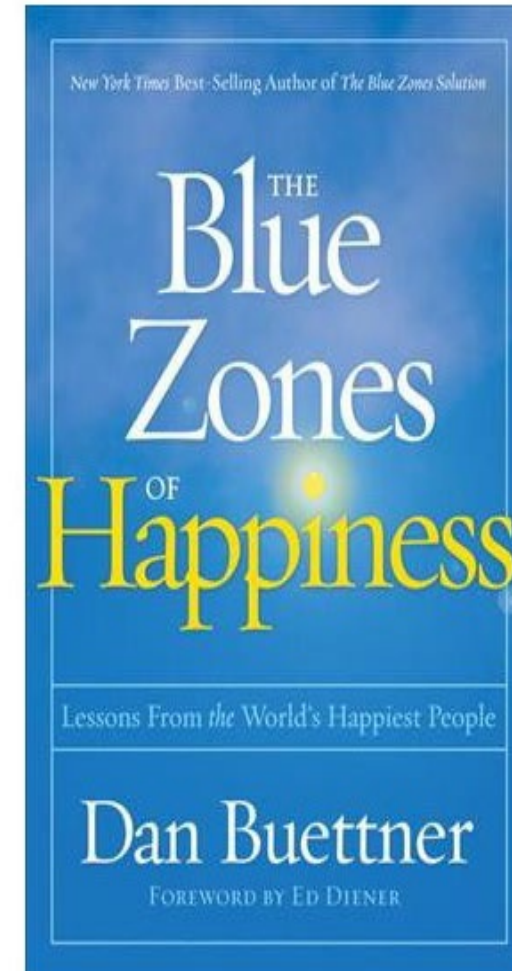
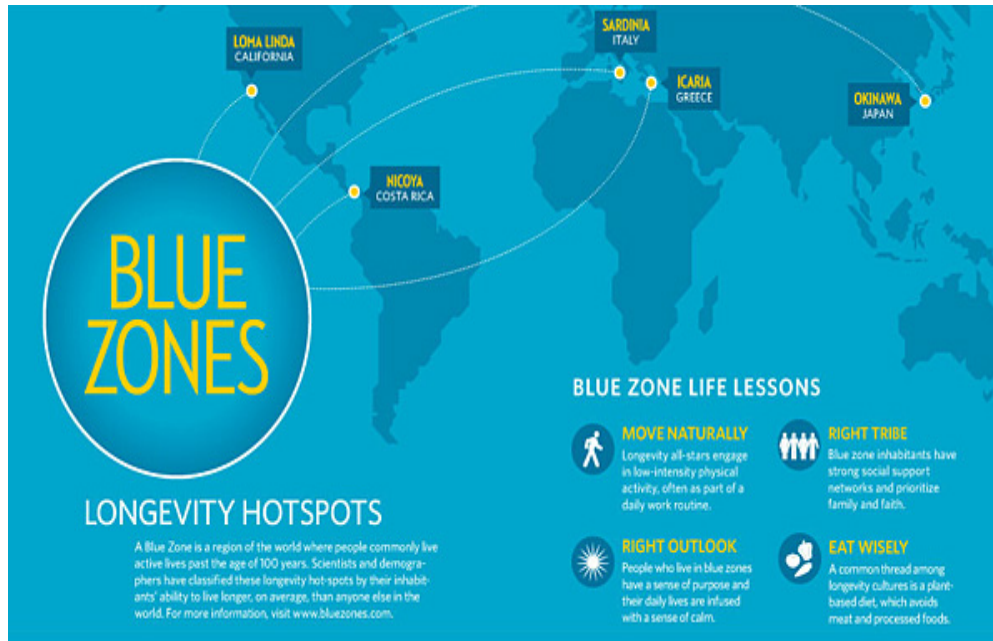
# Yale's Most Popular Class Ever: Happiness



**In God We Trust,  
Everyone Else Must  
Bring Data!**



# The New Happiness Blue Zones Costa Rica, Denmark & Singapore and Boulder, Colorado





# Three Keys for Happiness

## Purpose, Passion and Pride

- To enhance pleasure, look for ways to add fun and joy to your daily routines (e.g., socialize often)
- To enhance purpose, increase opportunities to use your strengths to achieve meaningful goals

Knowing your sense of purpose is worth up to 7 years of extra life expectancy!

- To enhance pride, look for ways to align your job with your passions; reflect upon your accomplishments (none are too small!)



*Stay aligned with your  
dreams and passions*

*What will you do if you know  
you cannot fail in the next 3 to 5 years?*

*Write it down NOW and put a date on it!*



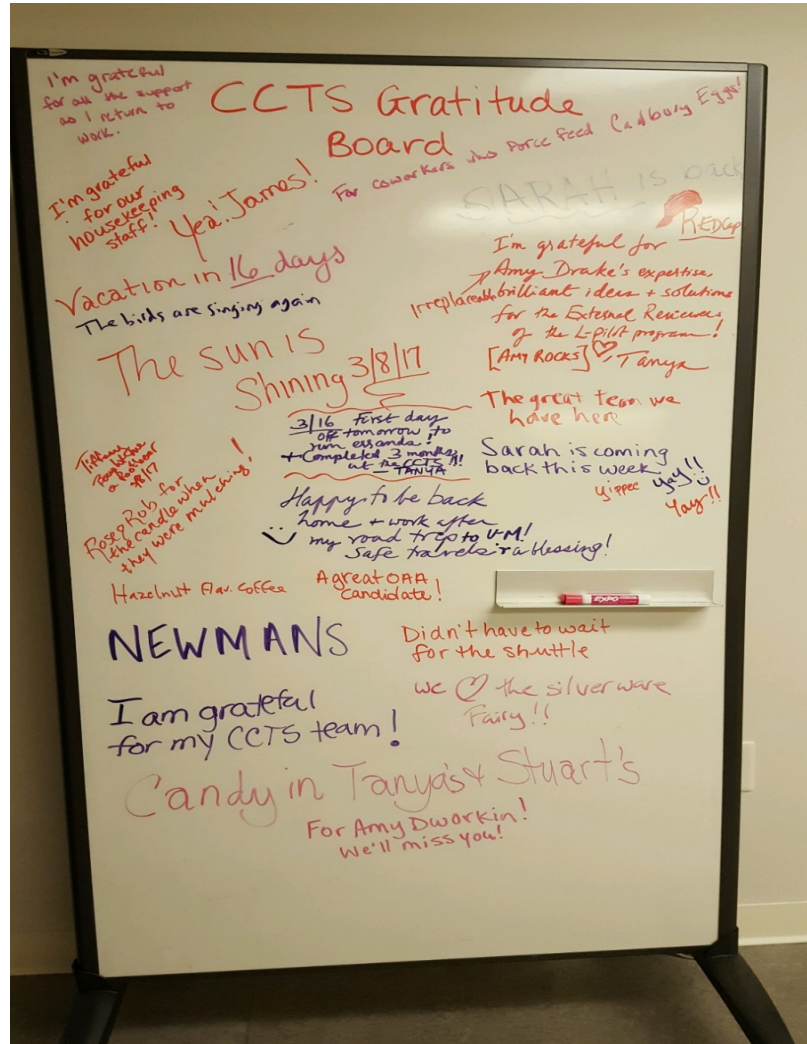
# Build Optimism, Resiliency & Gratitude

Most of what we worry about never happens!



# Action Tactics for Happiness and Joy

## *Practice Gratitude*





unplug

DISCONNECT TO CONNECT



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[go.osu.edu/justbreathe](https://go.osu.edu/justbreathe)



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# Positive Ways to Deal with Stress

## Take Care of Yourself



# Self-Care is Necessary for Great Care of Others

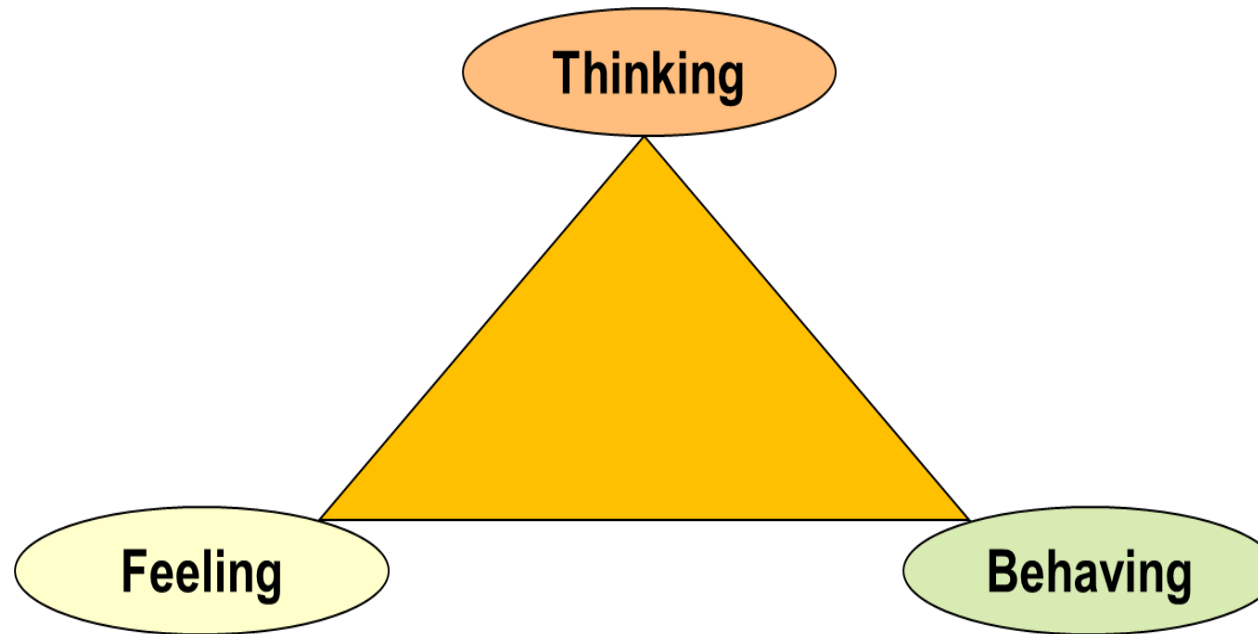


# **CBT: the Gold Standard Evidence-based Treatment for Depression and Anxiety**



# The Cognitive Behavioral Therapy-based MINDSTRONG Program

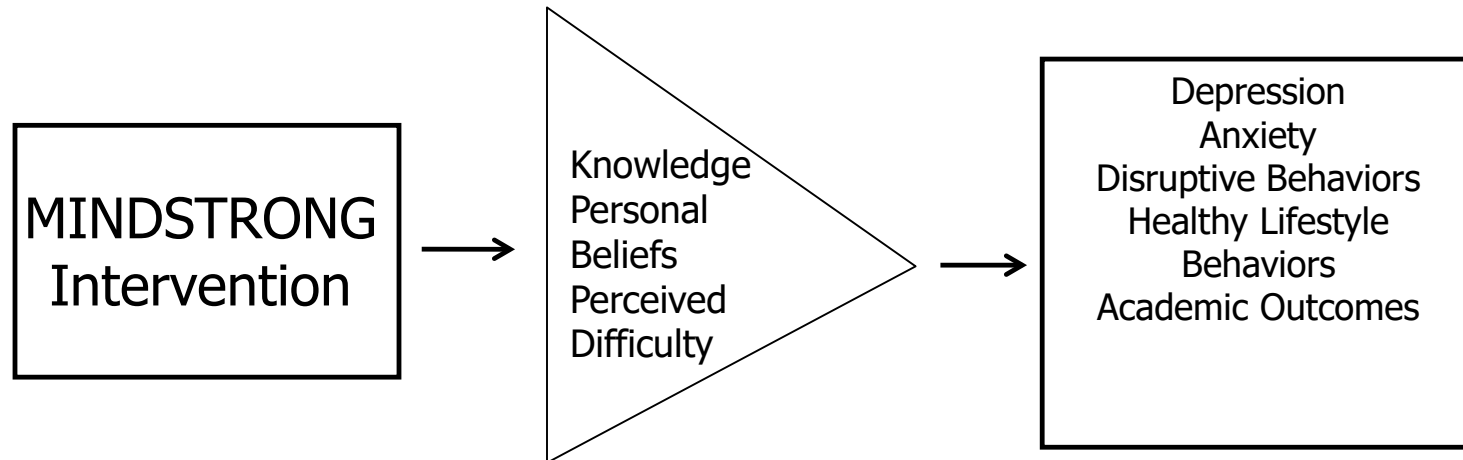
Consists of cognitive restructuring, problem solving and behavioral change to help cope with and PREVENT depression/anxiety



The thinking/feeling/behaving triangle



# The MINDSTRONG Conceptual Model



# The 7-Session MINDSTRONG Topics

1. Thinking, Feeling, and Behaving: What is the connection?
2. Self-Esteem and Positive Thinking/Positive Self-Talk
3. Stress and Coping
4. Problem Solving & Setting Goals
5. Dealing with your Emotions in Healthy Ways through Positive Thinking and Effective Communication
6. Coping with Stressful Situations and Sleep
7. Putting it all together for a Healthy You

Skills building activities follow each session so content being learned can be put into practice



# The ABCs are Taught in MINDSTRONG



**STRESSOR (Activator event)**



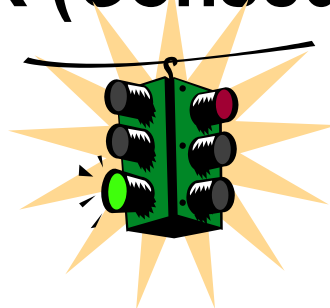
**NEGATIVE THOUGHT TO STOP (*Belief*)**



**REPLACE THE NEGATIVE WITH A  
POSITIVE THOUGHT**



**POSITIVE EMOTION &  
BEHAVIOR (*Consequence*)**





# MINDSTRONG Integrates Mindfulness

- Studies suggest that mindfulness interventions have been associated with physical and psychological health, academic stress and performance, decreased overall stress, and basal cortisol functioning
- Mindfulness integrated CBT has resulted in less reoccurrences of depression



# MINDSTRONG Skills Building Exercises

Write down an example of your own  
automatic negative thoughts

Think back to a recent time you felt upset, depressed, or angry

What was the **A**ctivator event/trigger?

What was the automatic thought/**B**elief that followed?

What were the **C**onsequences?

-How did you feel?

-How did you behave?



# Catching your Automatic Negative Thoughts

When you notice your mood has changed or you feel stressed, ask yourself:

*What was just going through my mind?*



# Session 2:

## The Power of Positive Self-Talk



# It is Essential to Program your Brain with Positive Thoughts



**POSITIVITY  
IS THE**  


# Session 3: Stress and Coping

- Common causes of stress, depression, and anxiety
- Physical, emotional, and behavioral reactions to stressors, depression, and anxiety
  - How do you feel physically and emotionally when stressed?
- Healthy coping techniques/practice
  - Abdominal breathing
  - Progressive relaxation



# Session 4: Setting Goals & Problem-Solving

## The 4-Step Problem Solving Process

- What is the problem
- What is the cause of the problem?
- What are the best solutions, with pros and cons?
- What is the best solution?

**Now, Act on the best solution!**





# MINDSTRONG

## Goal Setting & Self-Monitoring Log

Goal: Write Two Positive Self-Statements

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Goal for Number of times per day to say the positive self statements \_\_\_\_\_

Number of Times You Said Your Positive Self-Statements

Thinking Day #1\_\_ Day #2\_\_ Day #3\_\_ Day #4\_\_ Day #5\_\_ Day #6\_\_ Day #7\_\_

Emotions (How have you felt this week?)

Rate your emotions on a  
scale from 0 “not at all”  
to 10 “a lot”

Worried \_\_\_\_\_  
Stressed \_\_\_\_\_  
Happy \_\_\_\_\_  
Sad \_\_\_\_\_



# Findings from 17 studies by Melnyk and colleagues indicate that the MINDSTRONG program effectively...

- **decreases** depression, anxiety, suicidal thoughts and alcohol use
- **increases** self-esteem, healthy lifestyle behaviors, academic performance and retention in adolescents and college students

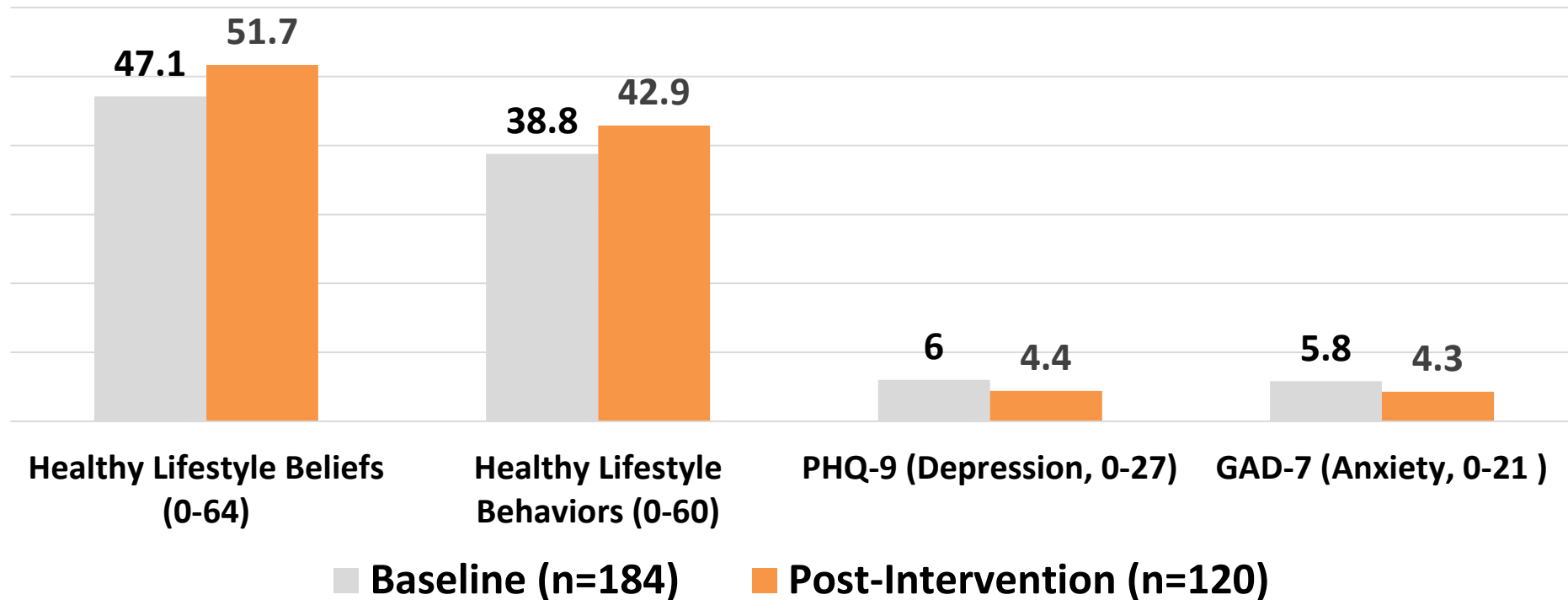


# **MINDSTRONG is Integrated into the Wellness Onboarding Program for Health Sciences Students**

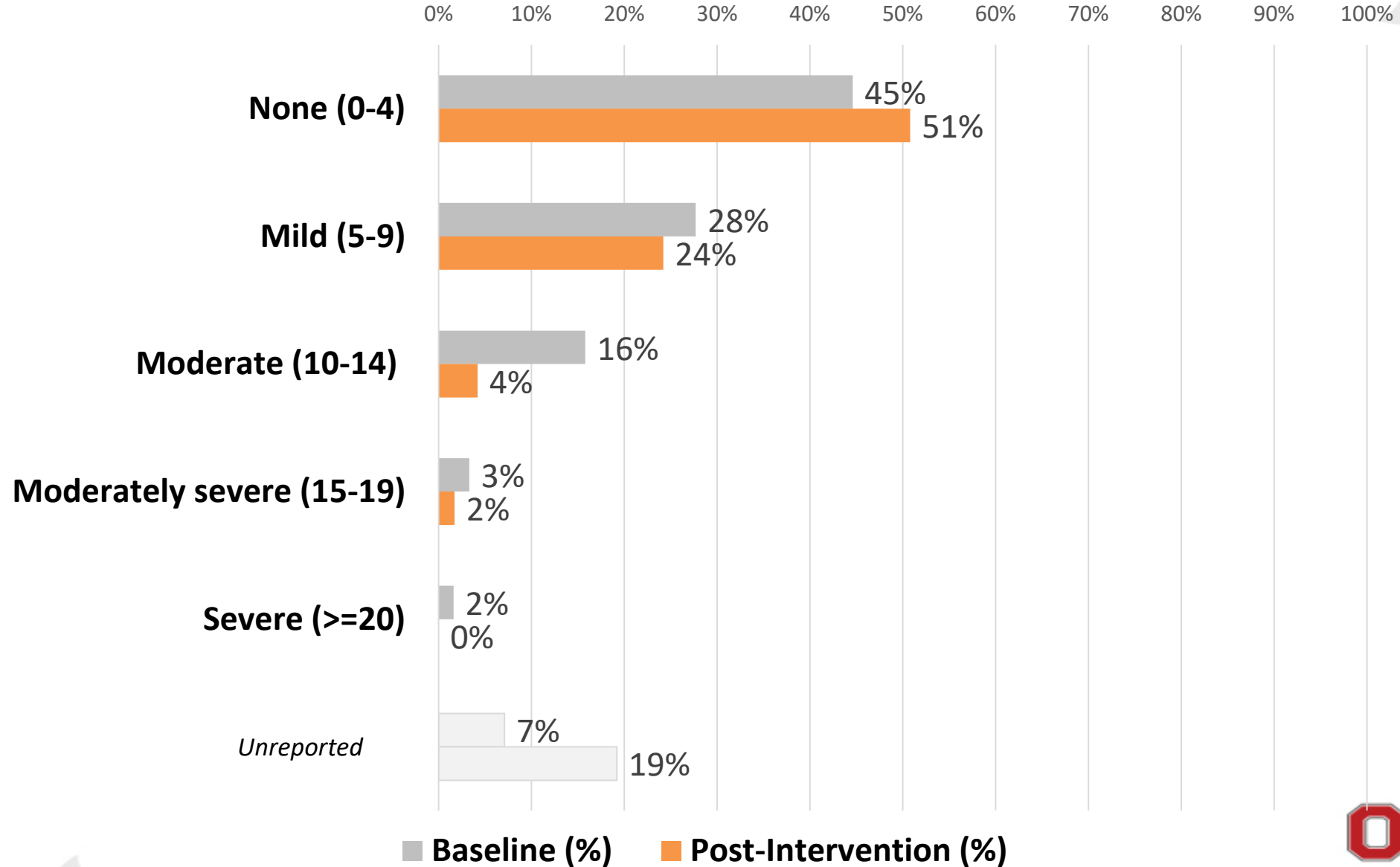


# Baseline and Post-MINDSTRONG Intervention

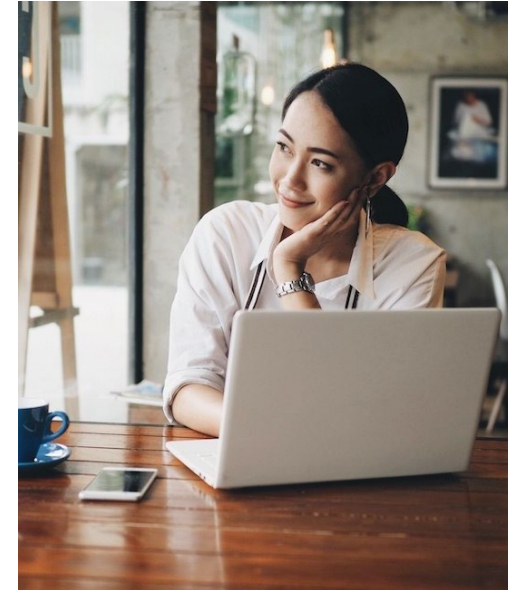
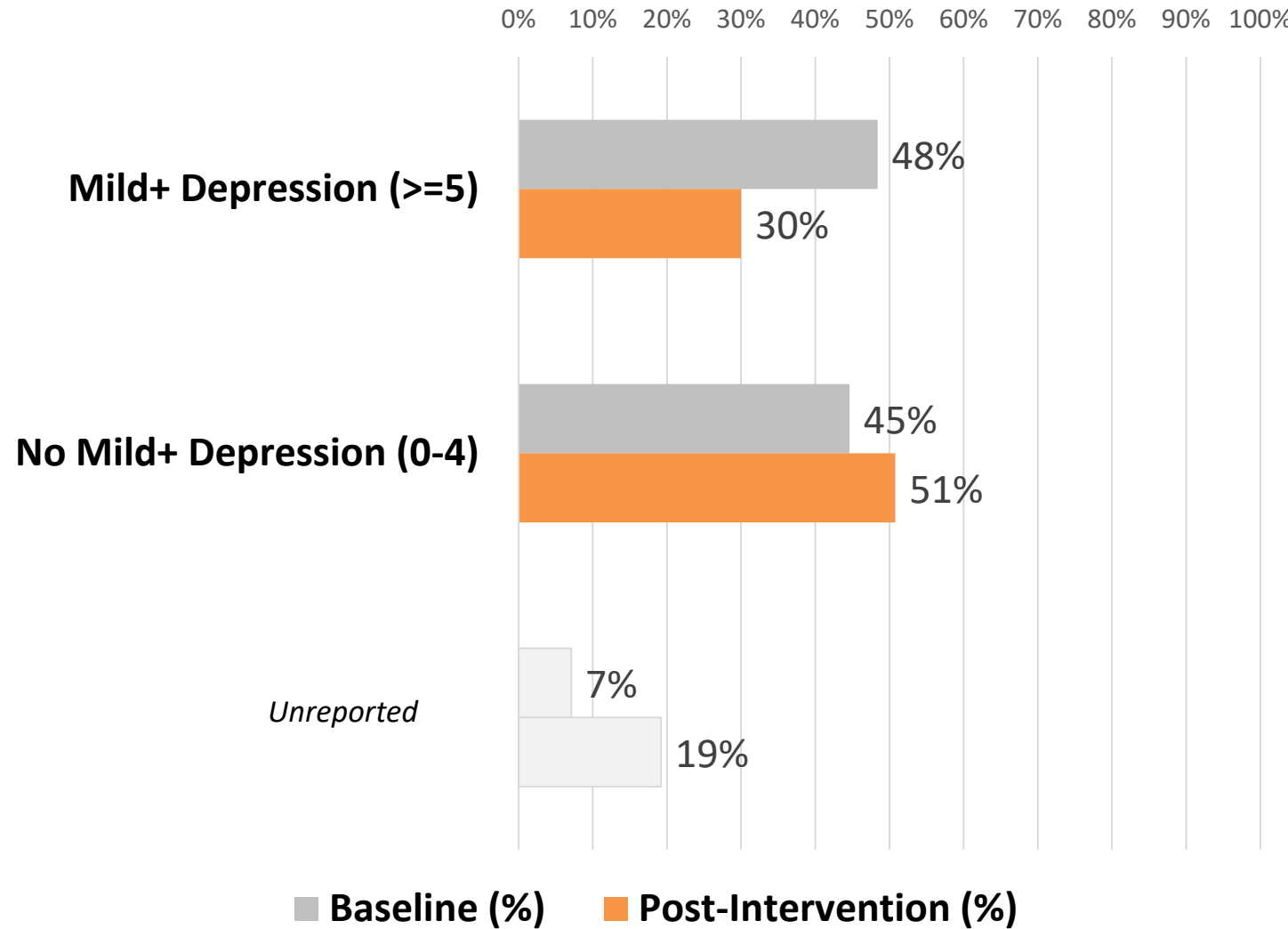
Healthy Lifestyle Beliefs, Behaviors, Depression, and Anxiety



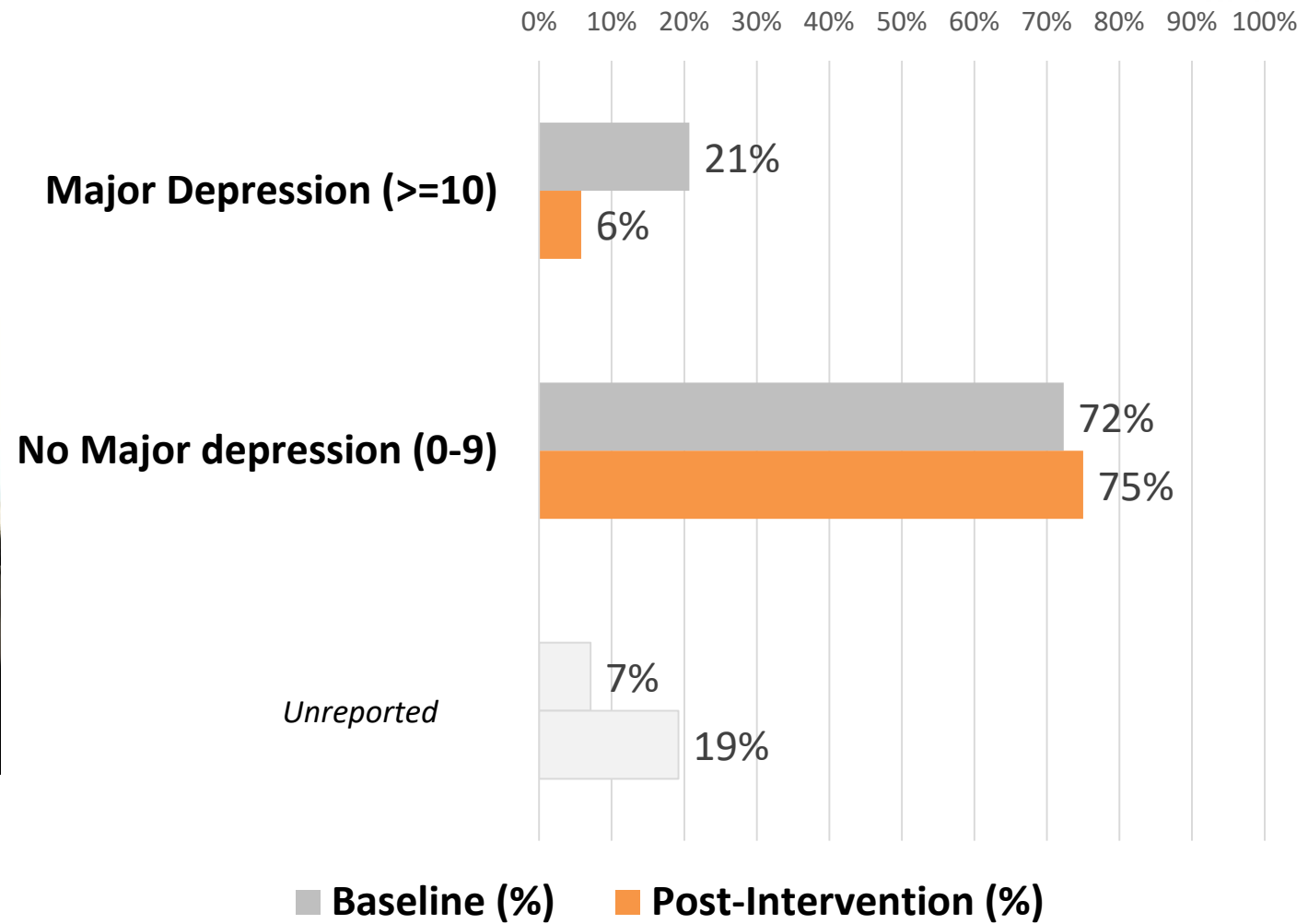
# PHQ-9 (Depression, 0-27)



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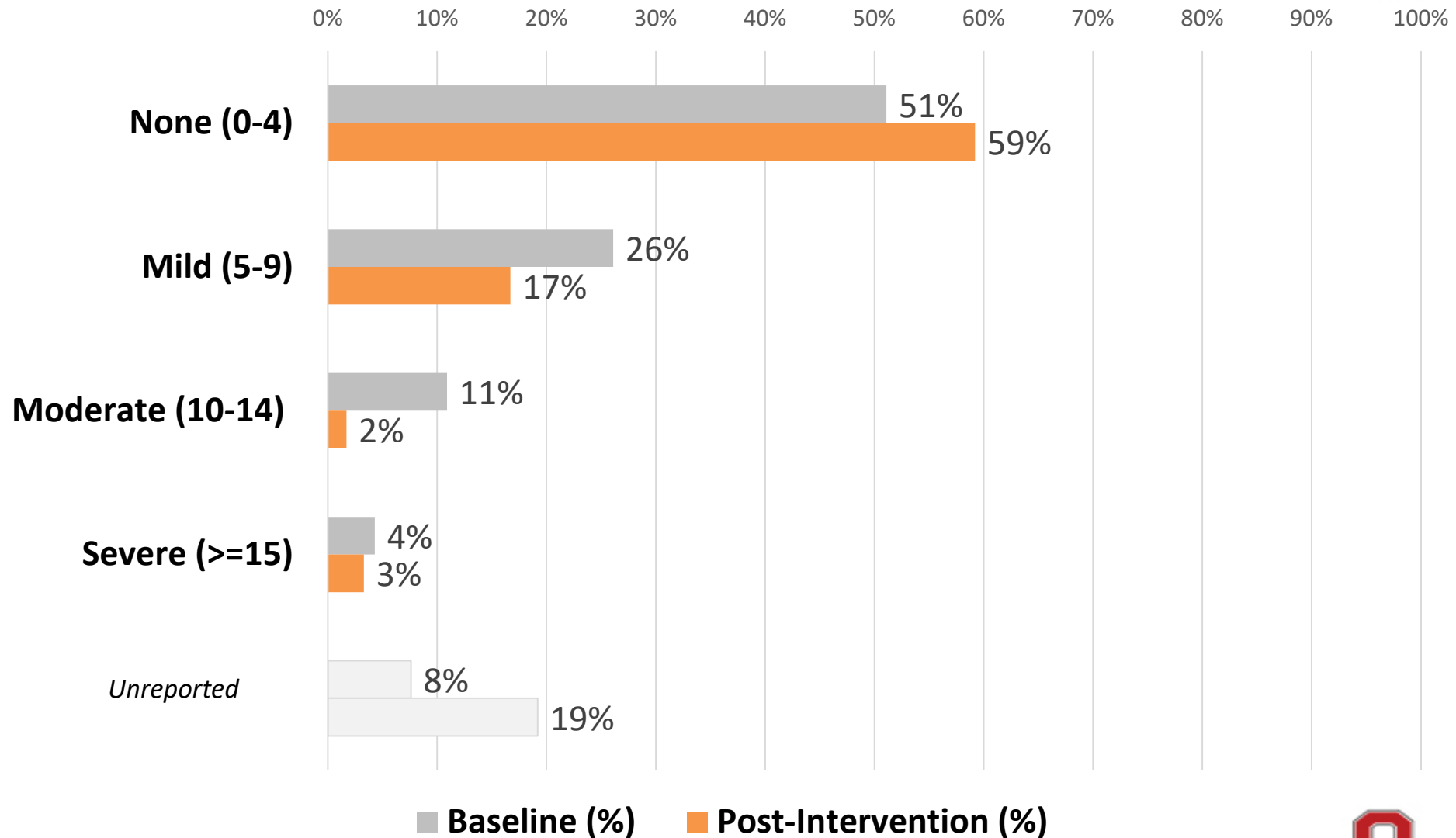


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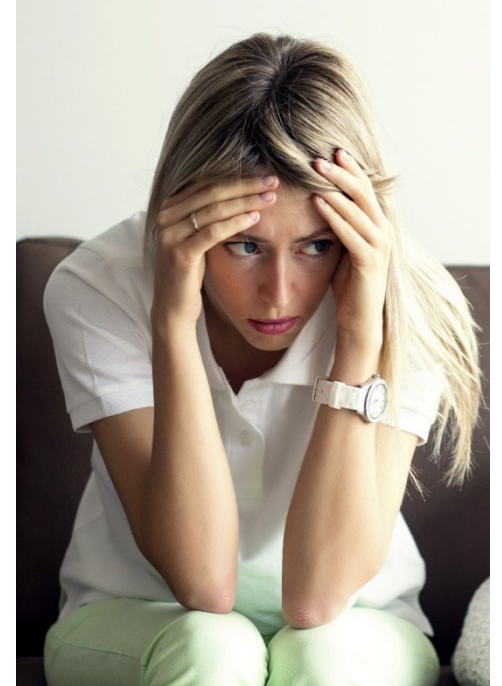
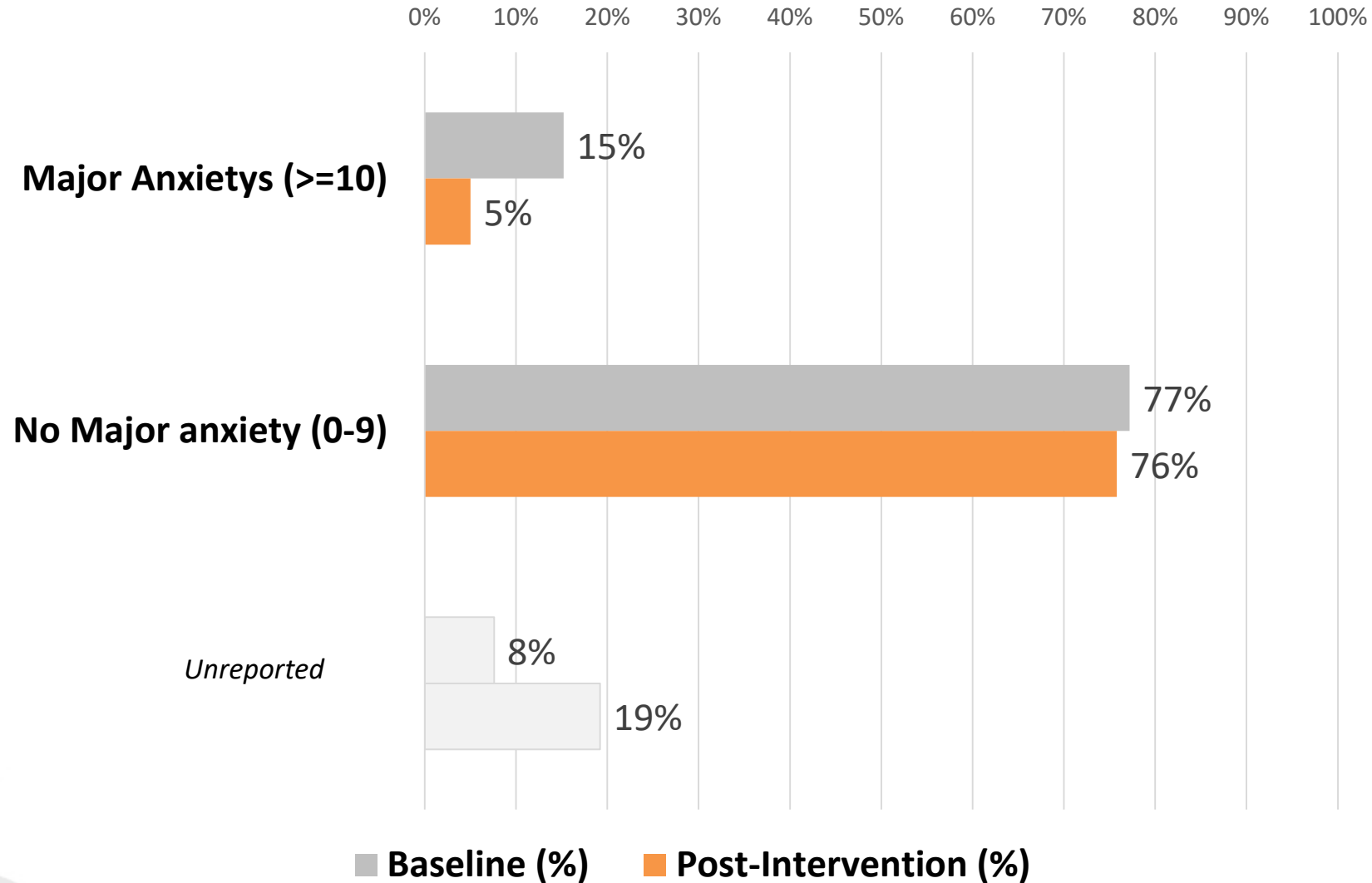




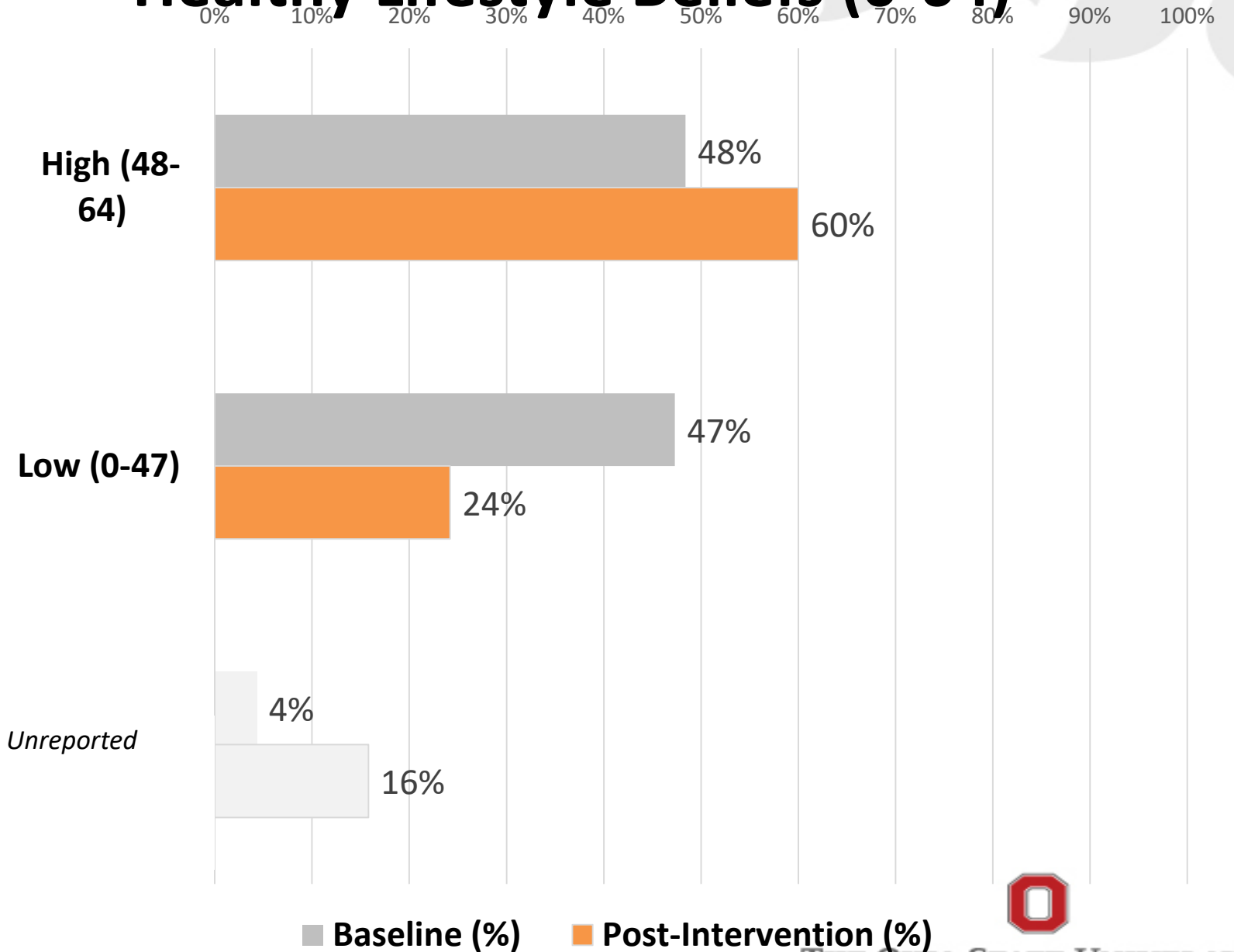
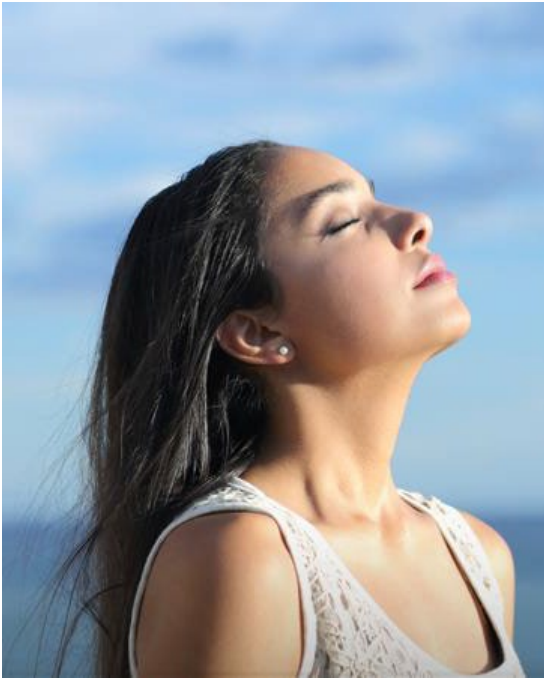
# GAD-7 (Anxiety, 0-21)



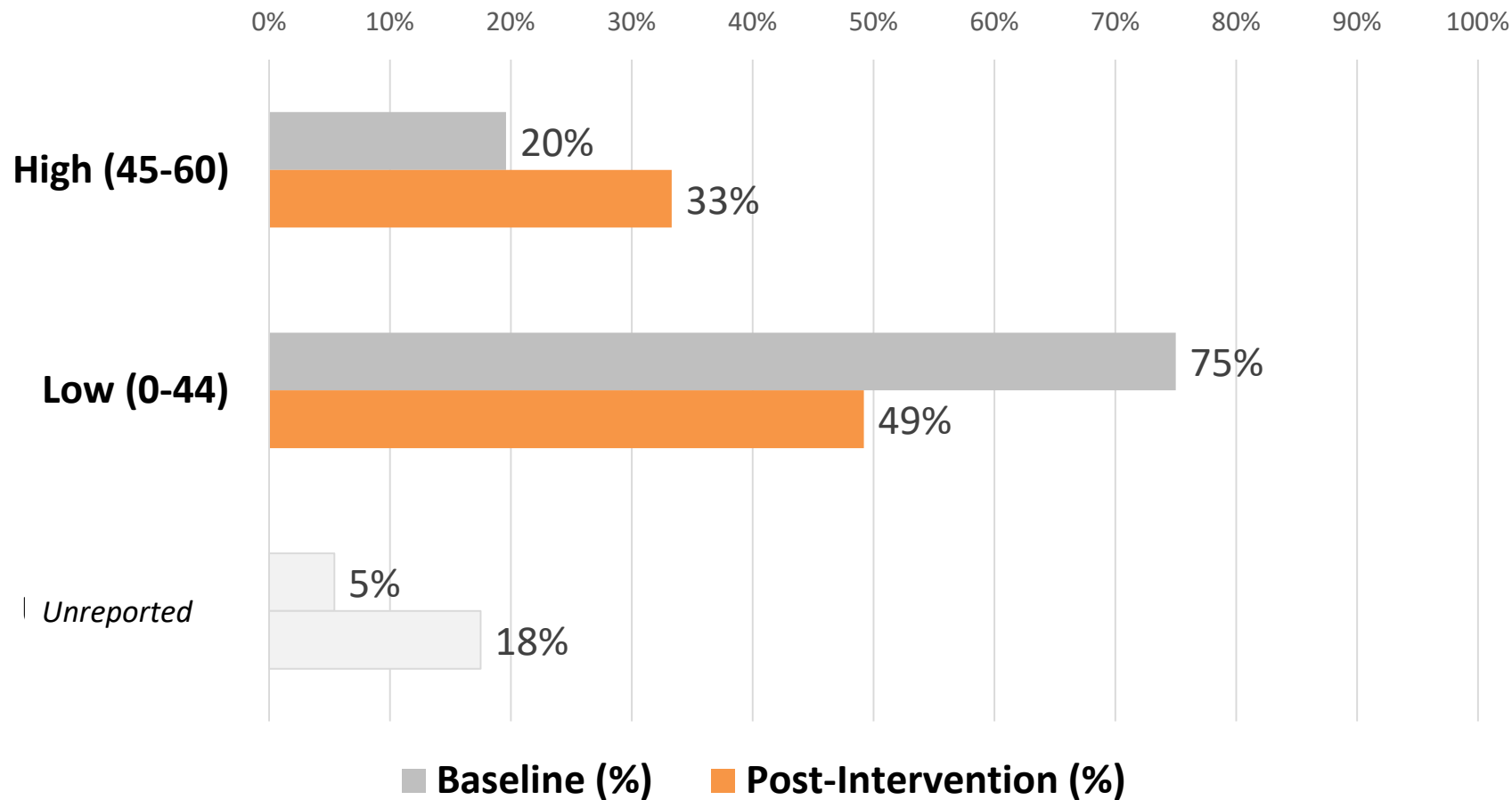
# GAD-7 (Anxiety, 0-21)



# Healthy Lifestyle Beliefs (0-64)



# Healthy Lifestyle Behaviors (0-60)



# Strategies for Preventing and Dealing with Stress, Anxiety & Depression

- Engage in physical activity (at least 30 minutes 5 days a week)
- Break your routine if rutted
- Eat healthy: light and often; avoid “junk food”
- Manage your energy: build in frequent recovery breaks throughout the day; sit less; stand more
- Stay in the present moment (*The Present* by Spencer Johnson is a great book to help)
- Get enough sleep (evidence supports at least 7 hours)
- Build cognitive-behavioral skills: Think positive because how you think affects how you feel and how you behave
- Practice guided imagery



# Strategies for Preventing and Dealing with Stress, Anxiety & Depression

- Balance work and personal life: take time to enjoy things you like to do
- Read 5 to 10 minutes every morning in a positive book
- Check and monitor Vitamin D level
- Socialize regularly with family/friends
- Have an attitude of gratitude - write your blessings down
- Laugh more often
- Take 5 deep breaths when feeling early symptoms of stress
- Make a plan for how to deal with what is causing stress
- Talk to someone you trust about how you feel



# Strategies for Preventing and Dealing with Stress, Anxiety & Depression

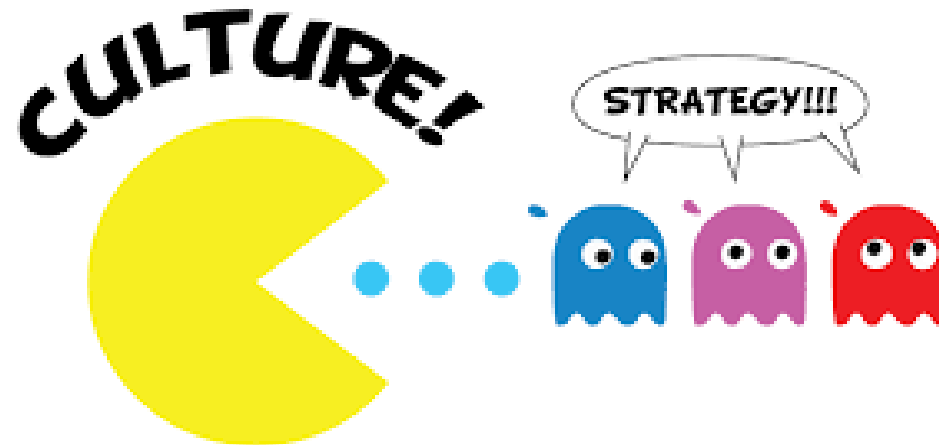
- See the cup half full instead of half empty
- Take one bite of the chocolate elephant or bundle of carrots at a time
- Know your limits; do not feel guilty about saying “no!”
- Stay aligned with and pursue your dreams and passions!
- Seek help if symptoms persist more than 2 weeks and *interfere with functioning; There is hope; depression and anxiety are very treatable and everyone has these issues at some time in their lives*





# A Culture of Wellness and Caring is a Must!

*Remember,  
Culture Eats Strategy!  
&*



# **Keep Dreaming, Discovering and Delivering**

## **Let's Just "Do It!"**

### **Final Motivational Words**



# Let's Move and Be Happy



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